

The listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1-5. (Cancelled)

6. (Currently Amended) A food according to claim 22 comprising an admixture of konjac glucomannan and animal based protein concentrate in a varying ratio by volume and heating said which admixture has been heated to above 100 degrees Celsius.

7. (Cancelled)

8. (Original) A food as in claim 6 wherein said animal based protein concentrate is selected from the group consisting of fish protein concentrate, eggs, pork rinds, pork, beef, chicken, and turkey.

9. (Currently Amended) A dough according to claim 22 comprising:

- konjac glucomannan and
- animal based protein concentrate,

wherein gas bubbles are have been introduced into said dough using mechanical and/or chemical methods.

10. (Original) A dough as in claim 9 wherein said mechanical methods comprise pressurization of said dough.

11. (Currently Amended) A dough as in claim 9 10 wherein said mechanical methods comprise high speed whipping of said dough.

12. (Currently Amended) A dough as in claim 9 11 wherein said chemical methods comprise baking soda and/or baking powder.

13. (Currently Amended) An imitation seafood according to claim 22 comprising:

- konjac glucomannan;

- animal based protein concentrate;
- predetermined seafood flavoring; and,
- one or more binding agents.

14. (Original) An imitation seafood as in claim 13 wherein said predetermined seafood flavoring is selected from the group consisting of crab, lobster, scallops, and shrimp.

15. (Currently Amended) An imitation seafood as in claim 13 wherein said one or more binding agents are selected from the group consisting of edible glues.

16. (Original) An imitation seafood as in claim 13 wherein said seafood is in sheet form.

17. (Original) An imitation seafood as in claim 16 wherein said seafood in sheet form further comprises a layer of konjac and a layer of animal based protein concentrate.

18-20. (Cancelled)

21. (Withdrawn and Currently Amended) A method for losing weight comprising ingesting a food according to claim 22 the ingestion of any of the products of claims 1 through 20.

22. (New) A food product which is selected from

- a) a food comprising an admixture of konjac glucomannan and animal based protein concentrate in a ratio by volume which provides a predetermined texture, which admixture has been heated to above 100 degrees Celsius;
- b) a dough comprising:
 - konjac glucomannan and
 - animal based protein concentrate,wherein gas bubbles have been introduced into said dough using mechanical and/or chemical methods; and
- c) an imitation seafood comprising:
 - konjac glucomannan;

- animal based protein concentrate;
- predetermined seafood flavoring; and,
- one or more binding agents.

23. (New) A food product according to claim 22 further comprising insoluble fiber.

24. (New) A food product according to claim 23 further comprising insoluble fiber.

25. (New) A food product as in claim 22 wherein said animal based protein concentrate is eggs.

26. (New) A food product comprising konjac glucomannan and insoluble fiber, which food product contains essentially no animal based protein.